



ST. LOUIS GRADUATES

St. Louis Graduates Professional Development Institute

PDI # 2 Friday, December 4, 2015 Summit Lounge, JC Penney Conference Center
University of Missouri St. Louis
1 University Boulevard, St. Louis, MO 63121-4400

Fostering Resilience: Supporting Students Through Personal Challenges

Students do not arrive at school unaffected by life circumstances. Barriers such as poverty, family instability, mental health challenges, homelessness & trauma follow them and can greatly influence task-approach skills at a time when stakes are very high for secondary students. This workshop will offer counseling strategies which foster resiliency and enhance success as students navigate their current and future paths.

8 AM: Sign-In, Coffee & Conversation

8:30 - 8:45 Welcome, Introductions & Session Overview

Brian Hutchison, Associate Professor, International Studies Fellow, and Coordinator of the School Counseling Program, UMSL

Leslie Gill, Executive Director, College Summit, and Chair of St. Louis Graduates Professional Development Committee

8:45 – 9:15 Theoretical Framework: What do we know about how adolescents develop grit and resilience? What are evidenced-based practices for developing these skills? What is the demand for these skills in college and career pursuits?

Danielle Washington, Program Manager, Wyman Center

9:15 - 9:30 Q & A

9:30 – 10:30 Student Perspective Panel/Moderated Discussion

Speaker/Panel Facilitator:

Eileen Ingram, Employment Counselor, Covenant House

Eileen Ingram (15 minutes)

Student/Client Panel (30 minutes) 2-3 clients from Covenant House

Q&A (15 minutes)

10:30 - 10:45 Break/Conversation

10:45 - 11:45 Tools/Strategies/Resources/Best Practices Panel

Facilitator: **Brian Hutchison**

Speakers/Panelists:

Rhonda Gray, MEd, Executive Director, Almost Home

Jennifer Starks, LPC, Assistant Director of Student Development, College Bound

Betty Richardson, School Social Workers Association of Missouri

Amy Feick, LPC, Director, Counseling Services, Youth in Need

11:45 - 12:30 PM Lunch, Small Group Discussions

12:30 - 12:45 Evaluations, Final Remarks & Closing

12:45 PM Adjourn

Thank you to:

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